



XIII MIĘDZYNARODOWY BIEG WENEDÓW - 10KM

B4SPORT
WIELKOPOLSKIE STOWZYSTWO BIEGOWE

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2015-05-24
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: K-3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	2.535km	5km	7.465km	9.93km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	OLIJNIK Swietlana	372	UKRAINA	K-3	1	00:00:17	00:09:43	00:19:22	00:29:15	00:38:34	00:38:51	00:38:51		3:53	15.4 (100%)
2	LECHONKOVA Natalia	370	ACHILLES LESZNO	K-3	2	00:00:18	00:09:44	00:19:22	00:29:16	00:38:57	00:39:15	00:39:15	+00:00:24 (1.0%)	3:55	15.3 (99.4%)
3	WITKIEWICZ Magda	319	KB DZIESIĄTKA BIAŁOGARD	K-3	3	00:00:19	00:10:09	00:20:20	00:30:49	00:41:02	00:41:21	00:41:21	+00:02:30 (6.0%)	4:08	14.5 (94.2%)
4	KOTARA-PAŁKA Małgorzata	127		K-3	4	00:00:24	00:10:30	00:21:00	00:31:36	00:42:26	00:42:44	00:42:44	+00:03:53 (9.1%)	4:16	14 (90.9%)
5	SKARA Steffi	353	SCHWEDTER HASEN	K-3	5	00:00:20	00:10:21	00:20:50	00:31:44	00:42:29	00:42:49	00:42:49	+00:03:58 (9.3%)	4:16	14 (90.9%)
6	MAKSYMOWICZ Kornelia	401		K-3	6	00:00:33	00:12:01	00:23:24	00:35:02	00:46:38	00:47:01	00:47:01	+00:08:10 (17.4%)	4:42	12.8 (83.1%)
7	CHODOR Martyna	387	4RUN TTKF KOSZALIN	K-3	7	00:00:27	00:11:40	00:23:12	00:34:58	00:46:46	00:47:09	00:47:09	+00:08:18 (17.6%)	4:42	12.7 (82.5%)
8	MACHELSKA Sylwia	357	PGB SPORTOWA PACZKA	K-3	8	00:00:22	00:11:41	00:23:16	00:35:14	00:47:05	00:47:27	00:47:27	+00:08:36 (18.1%)	4:44	12.6 (81.8%)
9	ANDRZEJEWSKA Marta	4		K-3	9	00:00:28	00:12:10	00:24:10	00:36:28	00:48:20	00:48:41	00:48:41	+00:09:50 (20.2%)	4:52	12.3 (79.9%)
10	GÓRA Agnieszka	452	PHILIPS-PIŁA	K-3	10	00:00:23	00:12:08	00:24:14	00:36:25	00:48:26	00:48:48	00:48:48	+00:09:57 (20.4%)	4:52	12.3 (79.9%)
11	CHUDYK Magda	430		K-3	11	00:00:26	00:12:14	00:24:16	00:36:35	00:48:38	00:48:59	00:48:59	+00:10:08 (20.7%)	4:53	12.2 (79.2%)
12	MYDŁOWSKA Monika	188		K-3	12	00:00:39	00:15:00	00:32:02	00:48:48		00:49:19	00:49:19	+00:10:28 (21.2%)	4:55	12.2 (79.2%)

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											10km	10km			
13	SZABLA Ewelina	279		K-3	13	00:00:32	00:12:13	00:24:30	00:36:57	00:49:06	00:49:29	00:49:29	+00:10:38 (21.5%)	4:56	12.1 (78.6%)
14	MĘDEL Marta	179		K-3	14	00:00:31	00:12:21	00:24:43	00:37:15	00:49:19	00:49:38	00:49:38	+00:10:47 (21.7%)	4:57	12.1 (78.6%)
15	JĘDRASZKO Magda	88	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	K-3	15	00:00:22	00:11:45	00:23:58	00:36:47	00:49:31	00:49:57	00:49:57	+00:11:06 (22.2%)	4:59	12 (77.9%)
16	ŻUREK Kamila	343		K-3	16	00:12:27	00:25:10	00:38:01	00:50:37		00:50:56	00:50:56	+00:12:05 (23.7%)	5:05	11.8 (76.6%)
17	SAMELZON-SROKA Beata	252		K-3	17	00:00:39	00:12:57	00:25:37	00:38:27	00:51:06	00:51:29	00:51:29	+00:12:38 (24.5%)	5:08	11.7 (76.0%)
18	MROCZKOWSKA Marta	184		K-3	18	00:00:37	00:13:03	00:25:48	00:38:47	00:51:36	00:51:56	00:51:56	+00:13:05 (25.2%)	5:11	11.6 (75.3%)
19	LUBICZ-KROŚNICKA Anna	160	AMADEUS CROSSGYM	K-3	19	00:00:20	00:12:18	00:25:30	00:38:41	00:51:46	00:52:05	00:52:05	+00:13:14 (25.4%)	5:12	11.5 (74.7%)
20	POLIWKA-KISIEL Małgorzata	446	PARKRUN SZCZECINEK	K-3	20	00:00:30	00:13:17	00:26:15	00:39:18	00:52:03	00:52:26	00:52:26	+00:13:35 (25.9%)	5:14	11.4 (74.0%)
21	GRZELAK Karina	70		K-3	21	00:00:31	00:12:38	00:25:42	00:39:02	00:52:14	00:52:39	00:52:39	+00:13:48 (26.2%)	5:15	11.4 (74.0%)
22	JABŁOŃSKA Katarzyna	82		K-3	22	00:00:34	00:13:19	00:26:19	00:39:33	00:52:34	00:52:57	00:52:57	+00:14:06 (26.6%)	5:17	11.3 (73.4%)
23	POLAŃSKA Katarzyna	384		K-3	23	00:00:26	00:12:43	00:26:03	00:39:57	00:54:12	00:54:36	00:54:36	+00:15:45 (28.8%)	5:27	11 (71.4%)
24	GÓRALCZYK Anna	62		K-3	24	00:00:30	00:14:06	00:27:47	00:41:27	00:54:15	00:54:37	00:54:37	+00:15:46 (28.9%)	5:27	11 (71.4%)
25	HIROWICZ Agnieszka	78		K-3	25	00:00:28	00:13:18	00:26:58	00:41:20	00:55:20	00:55:35	00:55:35	+00:16:44 (30.1%)	5:33	10.8 (70.1%)
26	PIENIAŻEK Magdalena	445	PARKRUN SZCZECINEK	K-3	26	00:00:30	00:13:36	00:26:40	00:40:55	00:55:13	00:55:40	00:55:40	+00:16:49 (30.2%)	5:34	10.8 (70.1%)
26	TYLUŚ Sylwia	299	PARKRUN SZCZECINEK TEAM BIEGOWY SZCZECINEK	K-3	27	00:00:30	00:13:36	00:26:40	00:40:55	00:55:13	00:55:40	00:55:40	+00:16:49 (30.2%)	5:34	10.8 (70.1%)
28	MAZUREK Barbara	177	BABECZKI KOSZALIN	K-3	28	00:00:29	00:12:45	00:26:49	00:41:30	00:55:51	00:56:12	00:56:12	+00:17:21 (30.9%)	5:37	10.7 (69.5%)
29	IWANKIEWICZ Justyna	443		K-3	29	00:00:31	00:13:08	00:27:24	00:42:17	00:56:14	00:56:40	00:56:40	+00:17:49 (31.4%)	5:40	10.6 (68.8%)
30	SOJKA Agnieszka	263		K-3	30	00:00:42	00:14:55	00:29:08	00:43:18	00:57:07	00:57:28	00:57:28	+00:18:37 (32.4%)	5:44	10.4 (67.5%)
31	ZIELIŃSKA Dominika	400	RAZ SZCZECIN	K-3	31	00:00:29	00:13:29	00:27:50	00:42:35	00:57:36	00:57:56	00:57:56	+00:19:05 (32.9%)	5:47	10.4 (67.5%)
32	BASŁYK Agnieszka	489		K-3	32	00:00:35	00:13:59	00:28:15	00:43:19	00:57:45	00:58:10	00:58:10	+00:19:19 (33.2%)	5:49	10.3 (66.9%)
33	PŁOŃSKA Ewelina	464	JW 1223	K-3	33	00:00:36	00:13:27	00:27:37	00:42:51	00:58:02	00:58:25	00:58:25	+00:19:34 (33.5%)	5:50	10.3 (66.9%)
34	PILARSKA Joanna	217		K-3	34	00:00:41	00:14:31	00:28:39	00:43:36	00:58:27	00:58:46	00:58:46	+00:19:55 (33.9%)	5:52	10.2 (66.2%)
35	MOŻEJKO Anna	183		K-3	35	00:00:33	00:14:49	00:29:40	00:44:14	00:58:18	00:58:52	00:58:52	+00:20:01 (34.0%)	5:53	10.2 (66.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	2.535km	5km	7.465km	9.93km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
36	WÓJCIK Anna	323	ŻYTANIA TEAM	K-3	36	00:00:42	00:14:34	00:29:13	00:44:07	00:58:36	00:59:02	00:59:02	+00:20:11 (34.2%)	5:54	10.2 (66.2%)
37	KIRKO Marzena	108		K-3	37	00:00:33	00:14:51	00:29:30	00:44:45	00:59:53	01:00:15	01:00:15	+00:21:24 (35.5%)	6:01	10 (64.9%)
38	STEC Edyta	267	BABECZKI KOSZALIN	K-3	38	00:00:32	00:14:49	00:29:40	00:45:09	01:00:35	01:01:03	01:01:03	+00:22:12 (36.4%)	6:06	9.8 (63.6%)
39	DONDAJEWSKA Marzena	40		K-3	39	00:00:39	00:14:18	00:29:17	00:44:54	01:00:51	01:01:18	01:01:18	+00:22:27 (36.6%)	6:07	9.8 (63.6%)
40	DĄBROWSKA Agnieszka	422	RUN FOREST RUN	K-3	40	00:00:43	00:15:57	00:31:10	00:46:15	01:01:05	01:01:26	01:01:26	+00:22:35 (36.8%)	6:08	9.8 (63.6%)
41	KOMOROWSKA Beata	118		K-3	41	00:00:38	00:14:10	00:29:27	00:45:08	01:01:25	01:01:50	01:01:50	+00:22:59 (37.2%)	6:11	9.7 (63.0%)
42	KUC Sylwia	144		K-3	42	00:00:42	00:15:14	00:30:07	00:46:02	01:01:52	01:02:20	01:02:20	+00:23:29 (37.7%)	6:14	9.6 (62.3%)
43	MALINOWSKA Agnieszka	444		K-3	43	00:00:38	00:15:13	00:30:08	00:46:02	01:01:52	01:02:21	01:02:21	+00:23:30 (37.7%)	6:14	9.6 (62.3%)
44	KREIS-GROCHOWSKA Dominika	132		K-3	44	00:00:45	00:15:37	00:31:03	00:46:55	01:03:07	01:03:33	01:03:33	+00:24:42 (38.9%)	6:21	9.4 (61.0%)
45	GAJLEWICZ Karolina	55		K-3	45	00:00:32	00:15:51	00:32:38	00:48:15	01:03:46	01:04:14	01:04:14	+00:25:23 (39.5%)	6:25	9.3 (60.4%)
46	GÓRNA Anna	63	FORMA ROSNOWO	K-3	46	00:00:39	00:16:07	00:32:19	00:49:00	01:05:50	01:06:16	01:06:16	+00:27:25 (41.4%)	6:37	9.1 (59.1%)
47	WOLF Beata	484		K-3	47	00:00:40	00:16:51	00:33:20	00:50:38	01:07:32	01:08:01	01:08:01	+00:29:10 (42.9%)	6:48	8.8 (57.1%)
48	ŻELECHOWSKA Magdalena	339	BABECZKI KOSZALIN	K-3	48	00:00:40	00:16:51	00:33:20	00:50:38	01:07:32	01:08:02	01:08:02	+00:29:11 (42.9%)	6:48	8.8 (57.1%)
49	TARNIOEK Katarzyna	290		K-3	49	00:00:22	00:11:56	00:24:29					+00:05:07	4:53	12.3 (79.9%)

Znaleziono 49 wynik(ów)